



## Arizona State University (Downtown Phoenix)

### Health Sciences (Healthy Lifestyles and Fitness Science), BS

#### Study details

**Course type:** Bachelor's degree

**Degree:** Health Sciences (Healthy Lifestyles and Fitness Science), BS NUHSCHLCBS

**Study mode:** Full time

**Duration:** 48 Month

#### Cost of study

**Cost :** 35 430 USD

**Reg. fee :** 85 USD

**Scholarship :**

**Insurance :** 2 765 USD

#### Intake/s

Jan/May/Aug

#### Requirements

##### Academic requirements

First-year students must:

- Have a 3.00 grade point average (GPA) (a "B" or better where "A"=4.00) from a secondary school. Some ASU programs may have higher admission or English proficiency requirements and may consider a minimum ACT or SAT score.
- Must have three years of high school coursework. (If you are currently in high school, ASU needs to see 9–11 grade coursework. If you have completed high school, ASU needs to see 10–12 grade coursework.)
- Must have and present a completed high school diploma or certificate.

##### Conditional admission

ASU may offer conditional undergraduate admission to international applicants to an on-campus program who meet the academic (aptitude) requirements but who are not proficient in English. This offer of conditional admission will give you time to improve your English proficiency before you start classes at ASU. Your conditional admission offer is good for up to three semesters, during which time you must meet one of these requirements to begin your ASU experience.

##### Competency requirements

International students who completed high school outside the U.S. are required to meet the following competency requirements:

- Math: four years (algebra I, geometry, algebra II and one course requiring algebra II as a prerequisite).
- Laboratory science: three years total (one year each from any of the following areas are accepted: biology, chemistry, earth science, integrated sciences and physics).

## **Provide evidence of English language proficiency (TOEFL 61)**

## **Accommodation**

Provided by partner agencies

## **Speciality**

Available online

## **Additional information**

### **Program description**

The BS in health sciences with a concentration in healthy lifestyles and fitness science is a dynamic program that blends multidisciplinary coursework, hands-on training and a strong foundation in healthy lifestyles. Students gain expertise in areas such as nutrition, fitness, stress management, substance abuse prevention, behavior change, health coaching and health promotion program management.

Graduates are prepared to make a meaningful impact on the health and well-being of individuals and communities, addressing the challenges posed by social determinants of health.

The program curriculum offers three academic tracks that support successful preparation for nationally accredited certifications:

**Fitness science:** Students learn to assess clients and develop, teach and modify exercise plans and individualized programming to help maximize their health potential. Coursework includes physical activity planning, exercise prescription, body image and wellness, and injury risk assessment. Students who complete this track are prepared for certification in personal training offered by the American College of Sports Medicine (<https://www.acsm.org>).

**Health education and health promotion:** Students learn to assess health needs and develop, lead and evaluate health promotion programs to address and advocate for individual and community needs. Specialized knowledge areas include diabetes prevention, sexual health, climate and health, emergency preparedness, social media and health, school health and violence prevention. Students who complete this track are prepared for the certified health education specialist exam through the National Commission for Health Education Credentialing (<https://www.nchec.org>).

**Health and wellness coaching:** Students delve into the art and science of coaching for improved health and well-being. Coursework includes evidence-based behavior change methodologies, mastery of coaching communication skills such as motivational interviewing techniques, and strategies to influence sustainable healthy lifestyles. Students who complete this track are prepared for the certified health and wellness coach exam through the American Council of Exercise (<https://www.acefitness.org>). Moreover, students who complete this track and one additional course are eligible to become credentialed by the National Board for Health and Wellness Coaches.

(<https://nbhwc.org>).

## Concurrent program options

Students pursuing concurrent degrees (also known as a “double major”) earn two distinct degrees and receive two diplomas. Working with their academic advisors, students can create their own concurrent degree combination. Some combinations are not possible due to high levels of overlap in curriculum.

## Accelerated program options

This program allows students to choose a 3-year path while participating in the same high-quality educational experience of a 4-year option. Students can opt to fast-track their studies after acceptance into a participating program by connecting with their academic advisor. Fast track options appear at the top of the major map.

## Global opportunities

### Global experience

With more than 300 Global Education program opportunities available to them, nutritional science students are able to tailor their experience to their unique interests and skill sets. Whether in a foreign country, in the U.S. or online, students build communication skills, learn to adapt and persevere, and are exposed to research and internships across the world, increasing their professional network.

## Career opportunities

According to the U.S. Bureau of Labor Statistics, employment for health coaches and health educators is projected to grow 17% between 2020 and 2030, faster than the average for all occupations.

Health, wellness and fitness coaches work in a multitude of professional environments. Specialty areas may include bariatric weight loss clinic counseling and management, and corporate fitness and worksite wellness.

The globally recognized credentials available through this degree open doors to careers in health education, promotion and coaching worldwide and create a long-term pathway to becoming a certified diabetes care and education specialist (<https://www.cbdce.org>) or a lifestyle medicine professional (<https://lifestylemedicine.org/certification>).

Career options include positions such as:

- community health educator
- community outreach coordinator
- corporate wellness coordinator
- fitness center director
- health education specialist (program developer)
- health and patient educator
- personal trainer
- prevention specialist
- school health and nutrition program specialist

- Women, Infants and Children program and community nutrition aide
- worksite wellness coach or coordinator

Graduates are also well prepared for admission to graduate programs in health promotion, population health, lifestyle management, integrative health, health administration, psychology and medicine.